

DENZEL DUMFRIES A HABRI CENTRO PEDAGOGICO NA ROTTERDAM



PARLAMENTARIO MIKE EMAN A LOGRA 'AIRE' NOBO PA MUNDO POLITICO NA HULANDA

PA COMBATI MALESA RELACIONA CU MAL HABITO COLOMBIA TA DAL UN PASO CU CURASHI CU E "LEY DI FAST FOOD"

ERIC RAS(CURPA): UN GOBIERNO INDECISO Y CU NO TA IMPARCIAL LO NO FABORECE INTERES DI E FAMILIA INSTITUI PA DIOS

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Denzel Dumfries a habri centro pedagógico na Rotterdam

Siman pasa un di e pasionnan di e futbolista internacional di Inter Milan, esta Denzel Dumfries di Aruba, a cumpli c'un meta cu el a fiha pa su mes den cooperacion cu su famia, esta di habri un centro pedagógico na Rotterdam

E centro lo carga e number di 'DUCE' cu ta nifica 'Dumfries Unlimited Care and Education' cual centro lo sirbi mucha y hobennan cu tin dificultad cu nan estudio, algo cu Dumfries mas tabatin problema cu'ne durante di su temporada na scol.

El a muestra cu e no tabata e estudiante perfecto na scol pero dor di su talento el a logra hopi den bida y na e momentonan aki no solamente e ta un di e miho hungadonan di Inter Milan cu na e momentonan aki ta lider di e campeonato Serie A di Italia, pero Denzel ta un di figuranan mas importante di e seleccion di Hulanda, esta 'Oranje.'

Denzel kende tin 27 aña na e momentonan aki, a muestra cu hopi tempran su famia a haya su mes involvi cu departamento di cuido di hobennan cual a bira awor tambe e motibo principal pa su persona hunto cu su famia, haci algo pa mucha y hobennan cu tambe ta den e situacion aki, dor di inaugura su propio centro educacional ortopedico den centro di Rotterdam.

E futbolista a muestra cu tur hende tin nan propio caminda pa sigui, cu nan propio talento- y cualidadnan y solamente falta sosten pa activa e potencial aki y esey ta e reto mas grandi cu apertura di e centro aki.

Ta un centro cu ta dirigi na yuda mucha- y hobennan cu tin problema den e sistema educacional normal y pa kendenan no tin mucho alternativa pero Denzel hunto cu su famia, lo habri e centro ortopedico aki pa asina crea u scol pa mucha- y hobennan cu ta confronta problema na un scol normal si por yama esaki asina.

Na e momentonan aki su envolvimento den e proyecto lo ta limita pa e cumpli como un ehempel di un lider deportivo y e lo fungi como cara di e centro aki ya cu na e momentonan aki y pa algun temporada mas, Denzel lo sigui den futbol profesional na Europa.

Famia di Denzel hunto cu algun amigo y conoci nan, lo ta encarga cu e centro aki keda caminda e meta principal di e hoben futbolista, ta pa yuda hobennan alcanza nan meta den bida pa asina nan haya nan caminda den nan bida den comunidad.



DUCE lo bira un centro caminda lo percura pa tanto hobennan masculino como femenino entre 10 y 23 aña, lo por siña entre otro cushina, yuda nan cu nan talento musical y nan lo ricibi sosten y ayudo pa despues nan por haya un posicion den e sector laboral.

Motor tras di e proyecto aki, ta mama di e futbolista Denzel, esta sra Marleen, kende lo guia e centro DUCE ya cu su persona a traha pa hopi aña den e mundo di cuido y cu su envolvimento nan den e sector aki, combina cu su experticio y sosten di varios partner, a logra di inicia cu e proyecto aki.

Hopi hende na momento di a scucha di e proyecto aki, a muestra nan disponibilidad pa coopera y yuda pa crea e centro aki caminda Denzel lo ta liga como embahador y inspirador di DUCE caminda ya e reaccionnan cu e centro a ricibi, tabata impresionante.

Parlamentario Mike Eman a logra 'aire' nobo pa mundo politico na Hulanda

Lider y miembro di Parlamento di partido AVP, sr Mike Eman, a regresa Aruba diabierna ultimo di un biahe di trabou cu a dura 10 dia caminda el a reuni cu tanto mandatario y otro figuranan di e mundo politico riba diferente topico.

Ta notabel na momento cu analisa cantidad di reaccion cu e bishita di sr Eman a logra den e periodo cortico aki, caminda entre otro por a lesa Hans Hillen cu tabata notabel con mandatarionan reconoci di Hulanda, tabata dispuesto pa sinta papia cu e Parlamentario aki.

Hillen tambe a señala e bishita cu Eman hunto cu su colega di partido y Fraktiemedewerker di fraccion di AVP, sr Wendrick Cecilia, a ser ricibi durante di tur nan bishitanan.

Principalmente e reunion cu Prome Minister demisionario Mark Rutte, kende por cierto tambe a biaha despues pa Israel pa reunion cu Netanyahu, a resulta den un reunion fructifero caminda Hillen a keda impresiona cu e prome mandatario a compañía e lider di AVP te na porta di entrada despues di nan reunion.

Hillen a sigui muestra cu tambe durante di otro reunionnan cu e lider di AVP, tabatin reaccionnan sumamente positivo despues di e encuentronan aki, caminda no solamente a atende esakinan cu cordialidad y hopi respet cu ta cualidadnan cu ya ta conoci di Mike Eman na Hulanda.

Informacionnan capta for di e reunionnan aki a papia di entre otro un rayo di solo cu a briya durante di dianan di mal tempo na Hulanda, cual sin duda ta algo masha positivo entre un relacion cu ta bou di presion pa algun tempo caba.

Segun publicacionnan riba e bishita di Eman, ta muestra cu dos tema a sobresali y cu tabata central durante di tur e reunionnan cu a tuma luga, cu ta e tema di “modern social beleid” y tambe e tema di “schuldpositie” di Aruba pa cu Hulanda.

Relaciona cu ambos tema, e lider di AVP a presenta ideanan cu segun prensa Hulandes, a wordo ricibi den forma hopi constructivo y positivo, caminda principalmente sr Eman ta mira como retonan principal, e cohesion of deterioro social den comunidad di Aruba.

Na mes momento Eman a muestra den su reunionnan cu historia di pais Aruba, cu e pueblo tin un poder super special den su comunidad caminda na tur momento cu e situacion a rekeri, pueblo a muestra di ta dispuesto pa lucha pa su idealnan.

Na mes momento e lider politico di Aruba a señala cierto



puntonan di preocupacion grandi, entre otro riba comunicacion pa medio di social media, cual ta ocasion cu e contacto personal y directo, ta birando menos cada dia y esaki ta pone cu e sentido di comunidad ta mustrandó algun deficiencia hopi serio.

No solamente pa e motibo menciona pero tambe pa perdida di e sentido di comunidad y e aumento di pesimismo cu esaki ta trece cune, ta otro puntonan di e posicion di e Parlamentario di Sruba, durante di su diferente bishita efectua.

Hillen a muestra riba e iniciativa di e lider di AVP pa crea un ‘Sociaal- cultureel Planbureau’ na Aruba cu mester sostene gobierno cu su maneho social cu tin cu wordo impone y ta e plan aki a pone cu sr Eman a biaha pa Den Haag caminda pa algun aña caba, tin un planbureau funcionando den e direccion aki.

Otro punto di vital importancia durante di e bishita di Mike Eman na Den Haag tabata pa busca un salida of solucion pa yega na un forma pa converti debe di pais Aruba, un fondo cu lo wordo sirbi despues pa yuda e pais fortalece su estructura economico den futuro.

No ta un formula nobo ya cu den pasado caba gobierno di AVP hunto cu gobierno Hulandes a crea e asina yama Fondo Desaroyo Aruba caminda a logra financia un total di 763 proyecto cu e fondo aki.

Sin duda tin cu confirma cu e bishita di e lider di AVP na Hulanda, a habri portanan nobo pa yega na un entendimiento a base di respet y confiansa.



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Lider nobo di CDA y Eman ta fortifica e lasonan cristian democrata

Como parti di e agenda di reunion cu lider di Partido di Pueblo Arubano (AVP) a hiba na Hulanda, mr. Mike Eman a reuni diahuebs cu lider nobo di CDA, Henri Bontenbal na sede di e fraccion den Tweede Kamer na Den Haag. Ta prome biaha cu nan a sinta cu otro.

E politico Hulandes a keda encanta cu e bishita di e politico Arubano y mas ainda cu e proposicion cu a haya di Eman pa bin cu un Sociaal Cultureel Plan na Aruba pa duna un miho bista di kico ta e situacion social riba nos isla.

Esaki ta un punto cu ta cuadra hopi cu e filosofia di CDA, especificamente cu e aspecto di e siguridad di un bida digno cual ta un tema cu ta enfocando hopi riba dje na Hulanda ultimo tempo. Tanto AVP, como CDA ta di ideologia Social Cristian.

Ambos a intercambia di punto di bista riba e futuro di nan respectivo pais. Bontenbal ta considera importante pa a topa cu Eman y mantene un comunicacion pa sa kico ta pasando na Aruba y vice versa. "Ta hopi importante pa nos inverti den e relacion aki," e politico Hulandes a expresa.

E ta kere cu ta importante pa garantisar un standard minimo di bida. Esey ta nifica cu mester por tin acceso na vivienda y na un trabou digno, entre otro. Pa medio di un Sociaal Cultureel Plan Bureau en berdad bo por wak e circunstancia di bida na Aruba. "Nos a ricibi e proposicion y nos ta bay studi'e pa wak con nos por aporta na dje," Bontenbal a bisa.

Definitivamente por a ripara cu e lider di CDA a capta e pensamiento y vision di Mike Eman, esta cu no mester wak djis na e cifranan di crecimiento economico of di presupuesto nacional, pero tambe mester paga tino riba con ta bayendo cu e ciudadano comun y kico tin mester di berdad na Aruba.

Aunke tin eleccion aki dos siman na Hulanda, e politico Hulandes a sigura cu e proposicion di AVP pa un Sociaal Cultureel Plan Bureau na Aruba ta riba su lessenaar y e lo pasa door di dje cuidadosamente hunto cu e proximo fraccion pa asina determina pasonan pa tuma.





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Chauffeur herida den accidente na Sero Patrishi

Diasabra merdia algo pasa di 12'or polis a bay e bocht pazuid di e Santana di Commandeur na Sero Patrishi, pa un accidente cu hende herida.

Na yegada di polis nan ta topa cu un auto color pabou di caminda. A resulta cu solamente un vehiculo tawata envolvi den e accidente. E chauffeur a keda sinta den e auto, debi cu e lo a herida su mes.

Polis di trafico cu a yega a papia cu e chauffeur mientras cu ambulance tawata na caminda.

Segun version di e chauffeur; e lo tawata bayendo zuid y pa un of otro motibo a slip y dal contra un troncon di un mata. Na yegada di ambulance Paramediconan a bay dun'e a asistencia medico necesario. Takelwagen a wordo pidi pa move y/of bay cu e auto.



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GERENCIA DI WATER- EN ENERGIEBEDRIJF ARUBA (W.E.B.) N.V. TA DISTANCIA DI PUBLICACION DI VWI

ORANJESTAD - Gerencia di Water- en Energiebedrijf Aruba (W.E.B.) ta distancia di cierto expresionnan haci den e comunicado di prensa di e directiva di VWI cu fecha 02 november 2023. A pesar cu nos ta respeta e derechonan di VWI pa expresa nan mes, motibo pa kico nos ta distancia ta cu e expresionnan aki ta den incumplimento cu W.E.B. Aruba N.V. su codigo di conducta y esey ta inacceptabel.

Nos codigo di conducta ta prescribi entre otro:

- Respet pa otronan;
- Comportacion na un manera profesional;
- Pa no pinta negativo tercer partidonan y clientenan di W.E.B. Aruba N.V.;
- Pa no transmiti mensahenan di intimidacion;
- Un responsabilidad serio pa un bon relacion publico di WEB;
- Ora empleadonan di WEB ta atende cu un persona pafor di WEB, incluso dignatarionan, mester percura cu no ta compromete e integridad of mancha e reputacion di sea WEB, of cualkier individuo externo, negoshi of gobierno.

Gerencia ta para pa un W.E.B. Aruba N.V., un compania estatal, cu ta sirbi e comunidad di Aruba na un manera constructivo, cooperativo y semper profesional y den union.

Semper por tin diferencia di opinionnan, Gerencia ta para pa semper W.E.B. Aruba N.V. busca e dialogo y solucionnan semper na mesa pa sirbi como un bon ehempel pa nos pais Aruba.

Expresionnan comprometedor riba institutonan, personanan, companianan y nos accionista/Gobierno no tin lugar den e normanan y balornan, nos codigo di conducta y liderazgo desea di W.E.B. Aruba N.V. Cada empleado di W.E.B. Aruba N.V. ta responsabel pa traha na un W.E.B. Aruba N.V. den union y harmonia unda e ta sinti su mes sigur, respeta, motiva, bon atendi y percura pa su coleganan tambe ta sinti mes cos.

Pa combati malesa relaciona cu mal habito

Colombia ta dal un paso cu curashi cu e “ley di fast food”

Den un medida innovador, Colombia a pone den marcha un “ley di fast food” pionero, convirtiendo den un di e prome paisnan na mundo pa aplica un impuesto di salud dirigi especificamente riba e alimentonan ultraprocesa. E logro aki a wordo tuma cu satisfaccion p’e activista y expertonan den salud, cu ta kere cu e postura proactivo di Colombia por sirbi di modelo p’e otro nacionnan cu ta lucha contra e creciente indicen di malesa relaciona cu estilo di bida.

E ley, cu a drenta na vigor e luna aki, ta introduci un impuesto gradual riba e alimentonan ultraprocesa. E impuesto adicional riba e productonan aki lo cuminsa ta di 10%, lo aumenta na 15% e siguiente aña y lo alcanza 20% den 2025. E iniciativa aki a wordo cualifica di modelo ehemplar p’e profesor di maneho sanitario internacional y economia Franco Sassi di Imperial College Business School di London. Sassi ta destaca e singularidad di e plantiamento Colombiano, cu e impuestonan di salud ta amplia mas leu di e obhetivonan convencional manera tabaco of bebida di sucu pa inclui un variedad mas amplio di alimento procesa.

E impuesto ta aplica especificamente n’e productonan ultraprocesa, miho bisa, n’e alimentonan cla pa consumo y fabrica industrialmente cu e contenido halto den salo y vet satura, manera chuculati of batata hasa (french fries). Aunke a alcanza compromiso cu e industria alimentario, excluyendo e impuesto di algun alimento procesa manera salchicha, e obhetivo general ta combati e problemanan di salud asocia na un dieta rico den sodium (salo). E Colombiano promedio



ta consumi 12 gram di salo pa dia, e indice mas halto di America Latina y un di esunnan mas halto na mundo, loke ta traduci den un prevalencia significativo di malesa cardiovascular. E malesanan no transmisibel relaciona cu dieta y obesidad, manera diabetes, tin su retonan adicional pa Colombia, ya cu mas di un tercio di morto atribui na diabetes ta tuma luga entre persona menor di 70 aña. En total, ta calcula cu e malesanan no transmisibel ta contribui na 76% di tur morto di e pais.

E actitud proactivo di Colombia ta bay mas leu di e impuestonan. Den consonancia cu su bisiñanan Ecuador y Peru, e pais ta introduciendo advertencia di salud obligatorio riba e alimentonan cu contenido halto di ingrediente poco saludabel, manera sucu of vet satura. E enfoke innovador aki ta integra maneho fiscal cu label parti dilanti di e containernan, creando incentivo informativo y financiero p’e consumidornan scoge alimento mas sano.

E caminda pa aplicacion di e “ley di fast food” no tabata sin dificultad. E activistanan a enfrenta un oposicion fuerte di e industrianan alimentario y di bebida y a sufri atake y censura. Esperanza Ceron Villaquiran, di Educar Consumidores, un organizacion cu ta boga p’e impuesto riba salud y e labeling di producto desde 2015, a compara e añanan cu a hiba na e aplicacion di e ley cu un “parto dificil”, destacando e persistencia necesario pa supera e oposicion.

E criticonan ta sostene cu e impuesto nobo aki por empeora e lucha di Colombia contra inflacion. Sassi ta sugeri explora e maneranan dentro di e cuadronan fiscal existente, manera e reduccion di IVA riba e alimentonan mas saludabel pa subsidia e aumento di e impuestonan riba e opcionnan menos saludabel, manera un posibel solucion.

Den un ultimo instancia, e esfuersonan innovador di Colombia ta subraya e urgencia di aborda e vinculo entre dieta, salud y e prevencion di malesa. Aunke e retonan ta persisti, e “ley di fast food” ta un testimonio di compromiso di e pais pa priorisa e bienestar di su ciudadanonan riba e interesnan di e produccion di alimento industrialisa complejo.



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Jake Paul ta sigui cu su biahe den boxeo cu un combate contra Andre August

Den un intento pa wordo reconoci seriamente den mundo di boxeo, Jake Paul a anuncia su proximo combate den ocho buelta den cruiser-weight contra Andre August dia 15 di december na Orlando, Florida. A pesar cu August tin un record di 10-1-1, e criticonan ta argumenta cu e eleccion di e rival no ta representa un paso significativo den e competencia pa Paul.

Aunke August a acumula un registro respetabel, e scrutinio ta revela un recorido menos exigente, enfrentando rival cu lo debuta como profesional den tres di su cuater prome combatenan.

Den e di cuater, a enfrenta 1-1 Patrick Simes. E historial a hiba e skepticonan na cuestiona e legalidad di e pretension di Paul di acerca mas seriamente na boxeo.

E eleccion di August p'e combate ta lanta duda riba e competitividad di enfrentamento, ya cu hopi ta kere cu su August tabatin berdadero posibilidad di victoria, e no lo a scoge Paul como oponente.

A pesar di e debate, e partidaronan di Paul ta considera cu ta trata di un movimiento strategico den su desaroyo, subrayando cu e YouTuber converti den boxeador ta adkiriendo gradualmente habilidad y experiencia den ring.



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Memey di cambio politico

Universidad Hulandes ta experencia fluctuacion den inscripcion di estudiante internacional

Den e panorama academico di Hulanda, e cifranan preliminar ta revela un imagen yena di inscripcion di estudiante internacional, marcando un cambio cu tin implicacion tanto p'e universidadnan como p'e politica gubernamental. E datonan ta indica un caida den e inicio di e carera di parti di e studiantenan internacional, cu 220 inscripcion menos compara cu 2022. Sinembargo, e caida aki ta compensa cu un aumento marginal di estudiante internacional cu ta sigui masters loke ta duna como resultado un total di 35 mil estudiante internacional cu ta sigui den biahe academico de e pais e aña aki.

E caida den inscripcion di grado ta cuadra cu un cambio di orientacion di e universidadnan Hulandes, cu awo ta dedica menos esfuerso den e captacion internacional. E asociacion di universidad UNL a destaca un esfuerso consciente pa ofrece e futuro studiantenan mas informacion riba e scarsedad di alohamento, alehando di un enfasis exclusivo pa atrae talento internacional.

Vice-presidente di UNL, Jouke de Vries, a reconoce e falta di crecimiento di e captacion di estudiante internacional den e universidadnan, adviertiendo contra e medidanan drastico di gobierno cu por compromete e calidad di educacion y investigacion. Un di e plannan di e gobierno saliente pa confronta e cantidad di estudiante stranhero, ta consisti den aumenta e cantidad di titulo parti na Hulandes. Sinembargo De Vries subraya e naturalesa esencialmente internacional di ciencia y e necesidad social p'e studiantenan internacional contribui n'e man di obra Hulandes despues cu nan



gradua.

Na luga di boga pa medida general manera les obligatorio di Hulandes, e universidadnan ta buscando herment pa eherce control riba e admision di estudiante internacional na nivel di grado. De Vries a subraya e importancia di e combersacionnan andando cu gobierno pa aborda e aspecto aki di maneho educativo.

Den e ambito di enseñansa profesional superior (HBO Colleges), no a registra un aumento significativo di e cantidad di estudiante pa bachelor, pero si un aumento leve di e studiantenan di masters, loke a traduci den un total di 12 mil estudiante universitario internacional nobo.

E debate riba e studiantenan internacional ta ocupa un luga central den e actual campaña electoral, caminda cu varios partido politico ta boga pa limita e cantidad di estudiante internacional y aumenta e promocion di e titulonnan na Hulandes. Tres cuarta parti di e studiantenan internacional ta bin di Europa y e mayoria di nan ta bin di Alemania.

Memey di e dinamica aki, e experimento di e Universidad di Amsterdam cu cupo di estudiante stranhero pa curso determina tabatin resultado interesante. Por ehempel, e introduccion di un limite maximo di estudiante internacional den e cursonan di psicologia a haci cu e cantidad di estudiante Hulandes di prome aña a aumenta di 29 pa 53%.

Contrario na ciencia politica, unda c a introduci un limite maximo di estudiante, e proporcion di estudiante Hulandes di prome aña a baha di 34 pa 26%. Esey ta sugeri cu e limitacion den e cantidad di alumno por influencia caminda cu e studiantenan Hulandes ta busca centro di enseñansa superior alternativo pa sigura un luga.

Mientras cu ta desaroya e relacion entre internacionalisacion, maneho linguistico y cupo academico, e universidadnan y e responsabelnan politico Hulandes ta nabegando door di un panorama compleho caminda cu e balans y e adaptabilidad ta fundamental.

Timmermans ta desaproba e gabinete minoritario mientras cu campaña electoral ta intensifica

Den e penultimo fin di siman prome cu e eleccion parlamentario Hulandes, diferente lider di partido ta sali riba caya pa conecta cu e votadonan. Entre e ultimo acontecimentonan, lider di GroenLinks-PvdA, Timmermans, a expresa su skepticismo n'e idea di un gabinete den minoria. Timmermans ta kere cu un mayoria stabiel den Tweede Kamer ta esencial pa crea un rumbo coherente a lo largo di varios aña. Aunke ta sigui boga pa e colaboracion cu e centro politico, ta subraya a necesidad di boluntad mutuo.

Riba un liña similar, lider di VVD, Yesilgöz, tambe a expresa su reserva riba un gabinete den minoria, afirmando cu no ta ahusta na su preferencia.

Mientras cu e panorama politico ta adkiri protagonismo, e atencion ta enfoca riba e cuestion di ken lo asumi e papel di Prome Minister. Lider di e partido mas grandi sa asumi e funcion aki, aunke ta existi excepcion. E incertidumbre cu ta rond di e cuestion aki, sinembargo, parce cu e tin un impacto minimo den e consideracion di e votadonan.

Di su parti, lider di NSC, Omtzigt, ta reconoce e posibel retonan di forma un coalicion cu GroenLinks-PvdA, citando concretamente e diferencianan den materia di migracion, stikstof y siguridad existencial. Omtzigt ta critica e "aumento grandi di impuesto" proponi pa GroenLinks-PvdA, expresando su preocupacion pa su impacto den e disposicion social existente. A pesar di e reservanan, Omtzigt ta abstene di respalda un preferencia di coalicion specifico den e fase aki.

E fin di siman ta marca un cambio den e strategianan di campaña cu hopi lider di partido saliend riba caya pa distribui material di campaña, loke ta contrasta cu e campaña electoral anterior di maart 2021, afecta significativamente p'e medidanan estricto di COVID-19.

Memey di e maniobranan politico aki, e podcast "De Campagne Stemming" ta refleha riba e dife-

rente aspectonan di e campaña, manera e prome reunion di e miembronan di CNS y e debatenan riba tema manera stikstof y e barba di Timmermans.

Faltando poco dia p'e eleccion, e campañanan ta intensifica y cada partido ta esfora pa haci su ultimo yamada n'e votadonan. E panorama politico ta sigui ta dinamico cu e lidernan nabegando den consideracion strategico y abordando cuestion clave cu e speransa di influencia den e electorado na bispo di e crucial votacion.

E fin di siman ta marca un cambio den e strategianan di campaña cu hopi lider di partido saliend riba caya pa distribui material di campaña, loke ta contrasta cu e campaña electoral anterior di maart 2021, afecta significativamente p'e medidanan estricto di COVID-19.

Memey di e maniobranan politico aki, e podcast "De Campagne Stemming" ta refleha riba e diferente aspectonan di e campaña, manera e prome reunion di e miembronan di CNS y e debatenan riba tema manera stikstof y e barba di Timmermans.

Faltando poco dia p'e eleccion, e campañanan ta intensifica y cada partido ta esfora pa haci su ultimo yamada n'e votadonan. E panorama politico ta sigui ta dinamico cu e lidernan nabegando den consideracion strategico y abordando cuestion clave cu e speransa di influencia den e electorado na bispo di e crucial votacion.



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Islandia a declara estado di emergencia n'e aumento di temblor y menasa volcanico

E península Islandes di Reykjanes ta enfrenta un situación crítico cu mas di 800 temblor den 24 ora, loke a provoca e estado di emergencia. E temor pa un erupción volcánico a desencadenar plan di evacuación, en particular p'e pueblo di Grindavik, cu ta alberga 4 mil residente cerca di e epicentro di e temblor. Dos sismo importante cu a alcanza un magnitud di 5,2 panort di Grindavik, a sintie te na Reykjavik, loke a provoca ceramento di caminda debi n'e dañonan causa p'e temblor.

E Oficina Meteorológico di Islandia a adverti di un posibel erupción den e proximo dianan, enfatisando den e creciente actividad sísmico. Cu mas di 24 mil temblor desde final di october, e situación a bin ta birando pio p'e acumulación di magma na mas of menos cinco kilometer di profundidad. E plannan di evacuación di Grindavik ta crucial, teniendo na cuenta cu e cercanía di e pueblo n'e epicentro.



E medidanan di emergencia ta inclui e apertura di refugio na Grindavik, e despliegue di e vehiculo di patrulla Thor, pa garantisa e seguridad y establecimiento di e centronan di información pa yuda esunnan cu ta evacua. E ceramento di Blue Lagoon, popular destino turístico y e activación di e plannan di contingencia den e planta geotérmico di Svartsengi, ta demostra e gravedad di e situación. E impacto potencial riba e suministro di corriente y awa pa 30 mil residente ta exige un planificación cuidadoso.

Islandia, cu 33 sistema volcánico activo, tabata testigo di un aumento di e actividad sísmico den e último añanan. E sistema volcánico di Reykjanes, inactivo durante ocho siglo prome cu 2021, ta muestra awo un mayor actividad. E historia di e región ta inclui tres erupción desde 2021, loke ta subraya e necesidad di vigilancia. E memorabel erupción di Eyjafjallajökull na april di 2010, a stroba tráfico aéreo, cancelando diferente vuelo y lagando miyones di biahero riba tera.

N'e situación cambiante aki, e preparación y e vigilancia ta primordial. Autoridad a maneha activamente e crisis, aplicando medida di precaución y brindando asistencia n'e afectadonan. E posibilidad di un erupción volcánico ta añadi un capa di complejidad, cu ta rekeri un coordinación cuidadoso pa garantisa e seguridad di residente y bishitante igual. Mientras cu e comunidad Islandes ta atraviesa e difícil periodo aki, e les di e erupciónnan anterior ta subraya e importancia di keda alerta y prepara p'e naturalesa impredecibel di e fenomenonan geológico.

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Delegacion di AVP cu encuentro cu ‘Young Professionals di Aruba’ na Hulanda

Mision di e delegacion di Aruba na Hulanda, bao guia di lider di AVP, mr. Mike Eman cu consehero di fraccion Wendrick Cicilia den un esfuerzo conhunto di Fundacion Digna Lacle-Herrera y Fraccion di AVP a organisa un intercambio di pensamento pa estudiante y profesionalnan hoben Arubiano na Hulanda. Dor di e storm na Den Haag un anochi di dialogo a bira dos. Ta di e manera aki Mike Eman kier a garantiza cu fuera di a sinta dialogo cu lider politico y experto, e lider di partido tambe ta haya hopi importante pa scucha for e generacion cu lo mester carga nos pais mañan kico nan pensamento y deseonan ta.

Un encuentro a tuma luga, a pesar di tempestad den het Nutshuis na Den Haag y otro encuentro a tuma luga na e Ondernemershuis na Den Haag caminda un grupo bon representa di tanto estudiante, como profesional, a atende tur dos encuentro pa topa cu Eman y Cicilia pa expresa nan opinion riba loke ta sosodiendo na Aruba y cua ta e rumbo pa tuma. Tur ta di acuerdo cu aworaki situacion ta dificil y cu tin mester di un cambio di vision si un dia e tereno por ta fertil pa nan regresa.

Stacey Petrochi di 24 aña y estudiante di filosofia na universidad di Leiden ta a expresa di ta comparti e vision di Eman, specialmente su plan pa brinda asistencia pa cu e pago di Arubalening, pero tambe ta kere cu lo por inclui DUO pa haci'e mas atractivo. E ultimo aki ta hunto cu salario abou ta loke ta pisa ora ta contempla un regreso pa Aruba.

Di su banda, Andre Garcia a keda impresiona e inspira pa e presentacion di Mike Eman. Tambe e ta duna hopi elogio pa e posibilidad cu ta duna estudiante y profesional hoben e oportunidad pa aporta cu nan ideanan. A papia di con por desaroya e isla di e miho forma, crea oportunidad nobo, no solamente economico, pero tambe den tecnologia.

Garcia, di 30 aña ta biba na Amersfoort y ta traha na Amsterdam. “Tin futuro na Aruba, djis mester traha duro riba dje,” el a bisa. Un di e cambionan di mas grandi cu, segun e, mester bin ta den e tereno di enseñansa.

Despues di a gradua den e facultad di OGM na Universidad di Aruba, David Quant di 25 aña a bay Hulanda pa haci un master. E ta kere cu aunke actualmente cos ta hopi preta, tin oportunidad na Aruba pa explora den campo di entrepreneurship. “Duna nos hobennan un chens pa introduci otro pensamento y otro innovacion den nos economia,” el a expresa. Pa loke ta e Social Cultureel Plan Burea, Quant



ta mira e fruta cu por bin di esey, mescos cu un fondo cu ta yuda hoben inverti den idea nobo.

“No tin un solucion specifico. Mi ta pensa cu e ta cuminsa na un cambio di pensamento; un aceptacion pa nos talento cu ta afo, aceptacion pa pensamento nobo, idea nobo, manera nobo di haci negoshi, di introduci educacion y for di e punto di bista ey, stap concreto lo bin tambe.”

Axcell Petrochi tambe ta kere den un cambio di pensamiento cu enfoke riba innovacion. E tin 23 aña y ta studia lei internacional y Europeo na De Haagse Hogeschool. Aruba mester innova pa atrae estudiante cu a bay Hulanda. “Ami lo kier bay bek. Awo ta dificil, pero nos tur tin cu lucha p’e,” asina e estudiante a indica. E ta hopi inspira pa e presentacion di Eman y Cicilia. Esey ta e vision cu nan ta warda riba dje pa por regresa Aruba.

Eman y Cicilia a gradici tur esunnan cu a haci e anochi aki na Den Haag posibel. Na clausura di e evento nan a expresa nan entusiasmo pa lora manga y traha riba un futuro den cual absolutamente tur hende por disfruta di e trabou cu e generacionnan prome cu nos y actual a traha p’e, pero tambe di e potencial di e generacionnan na caminda.

Eric Ras(Curpa):

Un gobierno indeciso y cu no ta imparcial lo no faborece interes di e famia institui pa Dios

NO ta tur cos cu ta briya ta oro. Aruba pa hopi aña a vota pa partidonan cu a priminti un appel di oro pero locual cu pueblo a haya ta un appel putri. Nos por a mira e manifestacion di e pueblo Cristian pa haya oido di gobierno pero e ministernan no a worry ni pa bin pafo pa ricibi e manifiesto di pueblo y esaki ta un bofta den cara di e pueblo Cristian.

E contesta di e vice Prome Minister a papia palabra cla esta cu e grupo minoria tin derecho y nan ta kere den igualdad. Partido RAIZ ta un partido chikito cu a bay para banda di e grupo chikito di pro redefinicion di matrimonio y asina trapa riba nos democracia. Mayoria no ta conta mas. Nos por mira claramente cu nos ta biba den un estado di dictadura. Mayoria no tin bos mas.

Aruba su representante den corte di casacion tabata masha debil mes. Corte di casacion su tarea ta pa repasa procedura y locual cu a tuma luga den e corte no tabata sola-

mente procedura sino a permiti pa emocion tuma luga. No ta un secreto publico cu den corte tambe tin huesnan cu ta casa cu otro na Hulanda y esaki tambe lo por influencia e sentencia cu lo no tuma luga e aña aki mas.

For di dia cu Aruba a firma e acuerdo di Sustainable Development Goals no por spera nada otro. Den e 17 punto di Sustainable Development Goals ta inclui e igualdad di genero cu ta encera e matrimonio di mesun sexo. Esaki no ta keda aki paso lo sigui na nos scolnan.

Nos por a mira cu e minister di economia a cuminsa bishita scolnan caba. Den pasado nos por a tende Prome Minister bisa cu ex Prome Minister di partido AVP a bende su alma pero nos actual Prome Minister tambe a bende su alma cu Sustainable Development Goals y ta debidamente na altura di e consecuencianan pa nos criaturanan.

Partido Curpa su lucha riba e tereno aki tin hopi tempo ta tumando luga. E fecha 8 di September 2016 mester keda graba den nos memoria ora cu Parlamento a vota pa geregistreerd partnerschap wordo aproba.

Prome di maart 2021 partidonan POR, MEP, RED, y AVP a vota pa e geregistreerd partnerschap drenta na vigor paso tur ta mik riba voto. Nos sa cu e ley ta cla na Parlamento y falta pa e presidente di Parlamento yama e reunion. E partidonan cu vota na favor ta partidonan MEP (6), AVP (4), RAIZ (2) accion21 (1), independiente (1) y partido mas (2) ta yega na un total di 16 voto na favor.

Nos sa cu Dios ta stima tur hende, pero Dios no ta stima pica. Dios lo duna e pecadornan un chens pero e malvadonan tin cu duna cuenta paso nan no kier arepentí. E palabra di Dios ta bisa cu pago di pica ta morto. Nos isla ta goberna pa hendenan cu no tin temor di Dios.

Pueblo nos ta den man di Dios. Partido Curpa lo keda para pa e famia institui pa Dios y nos mester keda defende nos criaturanan. E target ta riba muchanan di 5 pa 8 aña. Nos no por permiti pa e enemigo bin destrui bida di nos criaturanan.

Partido Curpa ta e unico alternativa.



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Parlamentario Alvin Molina (MEP):

Otro bunita proyecto secuestra door di DIP

UN bes mas for di Kamini's Kitchen na Lago Heights, unda cu tanto local como turista ta disfruta di platonan delicioso manera, "roti" y "curry dishes". Mi plato favorito ta e "roti" cu calco. E servicio ta excelente y ambiente agradabel. Riba peticion awo tambe tin desayuno. Tur cos ta asina bon cu tempo a yega pa Kamini's Kitchen expande su restaurant pa acomoda tur su clientenan, specialmente si e intencion ta pa desaroya bek e economia di San Nicolas.

N'e momento aki, tin diesun (11) hende local ta labora, cu e expansion esaki por hasta redobla. Asina mas mama y tata di famia por traha cerca di cas y pone pan riba mesa. For di 2018 Kamini's Kitchen ta canando un caminda di cruz pa e por logra su meta.

Loke cu tin Kamini's Kitchen stroba y wantando e oportunidad pa su negoshi por sigui crece y pa San Nicolas por desaroya ta e falta di servicio cu e ta experienciando di DIP. Ainda e no por haya un contesta riba su peticion. Ademá di esaki, e ta un falta di respet cu ami como parlamentario ta



experienciando. Ta mas cu un (1) aña y mey cu mi a puntra con a para cu e peticion di Kamini's Kitchen y varios otro. Si por tolera cu un parlamentario no ta haya contesta riba su preguntanan, e ora berdad ki speransa un ciudadano tin.

P'esey mi a haci e peticion na nos Minister di Infraestructura pa percura cu DIP contesta tur peticion cu tin riba mesa. Ta un lastima cu un bunita proyecto asina ta keda pega pa falta di maneho di DIP.



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Fortaleza pa Famia

E balor y importancia di Dios den nos bida

ORA nos mira con mundo ta avansa den maldad y inmoralidad, con hende ta reta Dios su mandamentonan, y Dios su principionan, nos ta haci e pregunta: *Cual ta e balor y importancia di Dios den nos bida?*

Pasobra ya e respet pa Dios, ta bahando drasticamente, nos ta bibando den un tempo cu hende a bira asina sabi cu nan ta hiba e palabra di Dios corte, of miho bisa nan ta hiba Dios den un corte terenal, pa asina nan por hustifica nan deseo.

Tin hopi hende ta djis biba pa biba y no ta realisa con leu e ser humano por a yega, pasobra ora nos ta trata di establece of legalisa algo contra e palabra di Dios, nos ta reta Dios, y cada reto of bofon di Dios tin su consecuencia.

Ta conoci pa nos tur den Romanonan 1:28-32 ta splica detayadamente kico lo basa cu esnan cu boluntariamente ta scoge pa no reconoce Dios y sigui tras di nan duresa di curason, y nan pasion.

Ta para skirbi, y tur hende sa, kico a sosode den pasado, pero hende ta persisti den rebeldia, pero un cos ta sigur, cu Dios no ta chansa, y cu ta doloroso pa cay den man di Dios bibo.

Mescos cu un mucha ta hunga cu candela te ora e kima su man, hende grandi kier forsa algo contra boluntad y principio di Dios pa wak e reaccion di Dios. Dios tene misericordia.

Ta parce manera hende a lubida Juan 3:16 y tambe Juan 3:36 pasobra nos ta nota cu hende ta biba bisando cu no tin Dios, y con cu nos kier, nos ta logra kico cu nos kier, si nos tin cu entama un caso contra Dios pa logra nos meta nos ta hacie, basta nos logra nos meta. Dios tene misericordia.

Hendenan cu a rechasa e plan di salvacion di nos Señor Cristo Hesus, cual ta e unico recurso cu e ser humano tin pa por drenta den cielo.

A bira facil pa hende bira lomba pa Dios, y practicamente nenga Dios su principio y boluntad, treciendo un gran confusion, social y spiritual.

No ta wega pa laga scuridad atrae y domina asina tanto, cu ya nos no ta mira salida mas, pero solamente pasion



carnal, rebeldia y orguyo ta domina bida di hende.

Locual ta pasando actualmente ta algo cu nos tur ta bay sinti ora Dios, cuminsa pone su man, pasobra un lo bisa otro, bo ta corda cuanto biaha nos a tende stop, pero toch nos a sigui. manera cu no tin cuenta cu nada.

Cristo Hesus a balora bida, amor, pas, berdad, conocimiento, sabiduria, relacion, fe, oracion, y ayuno, alma, husticia, servicio, sacrificio, gratitud y gradicimento.

Ora hende ta balora Dios, ta wordo demostra honor y respet na Dios, y nos ta balora tur locual Dios a haci pa nos, pero ora nos ta rechasa Dios henter nos bida ta cambia, pasobra scuridad ta drenta.

Esaki ta mi oracion, pa boso amor por abunda mas y mas ainda den conocimiento, berdadero y tur discernimiento. Pa boso por aproba e cosnan cu ta excelente, pa ta sincero y sin culpa te na e dia di Cristo (Filipensenan 1:9-11).

Cristo Hesus a stima cada un di nos asina tanto cu e a entrega su bida pa nos, e a bira pica, pa asina nos por a wordo hustifica den dje.

P'esey laga nos arepentí y pone Cristo Hesus na prome luga den nos bida, y balora Cristo como e unico salvado di nos alma, pasobra di berdad E merece esey.

Sinceramente, Pastor Marcel Balootje

Lider di Partido MEP ta gradici e barío di Noord pa un encuentro di “Ban Topa” exitoso

Diahuebs anochi, Partido Movimiento Electoral di Pueblo MEP, a organisa e famoso evento di “Ban Topa” den barío di Noord, pa asina por duna informacion, y alabes scucha di e ciudadanonan tur nan preocupacionnan. Presente na e evento aki, tabata lider di partido Evelyn Wever-Croes, hunto cu su coleganan di partido, Dangui Oduber, Shailiny Tromp-Lee, Ricky Hoek, Darlaine Guedez Erasmus, Edgard Vrolijk, Alvin Molina, Marco Berlis, Rodymar Geerman & Hendrik Tevereden. E tabata un anochi sumamente exitoso, na unda tabata tin un sala yen di persona, cla pa scucha tur loke partido MEP, tabata tin di comunica.

E anochi tabata unoyena di informacion, na unda Shailiny Tromp-Lee y Ricky Hoek a duna un splicacion extenso di tur nan trabounan como Parlamentario, sigui pa Dangui Oduber cu a duna informacion riba turismo y salud. Como clausura, lider di partido a duna un discurso, splicando e retonan cu Aruba tabata tin y e actual recuperacion.

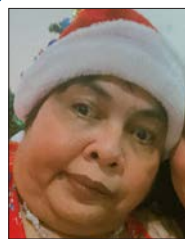
Durante su discurso, lider di partido MEP, Evelyn Wever-Croes a elabora riba e efectonan devastador cu e pandemia tabata tin riba pais Aruba. Tambe, el a expresa, cu mescos cu IMF a indica, cu Aruba ta un di e paisnan mas afecta pa e pandemia, awe nan ta bisa cu Aruba ta e pais cu tin e recuperacion di mas impresionante. Esaki sigur ta danki na e trabou grandi cu Gobierno a bin ta haciendo. Especialmente riba e sector turismo, cu ta e pilar mas grandi di e economia di Aruba.

Lider di partido a pasa riba varios logro di Gabinete Wever-Croes II, cu ta di admira y aprecia. Turismo ta subiendo yegando nivelnan mas halto cu prome cu pandemia, desempleo ta bahando, Aruba lo cera aña cu un porcentahe di inflacion mas abou cu tabata premira, finansa publico ta positivo, a logra sera e presupuesto cu un surplus, proyec-



tonan di innovacion a trece resultadonan positivo pa varios scol, dunando e scolnan ganado, materialnan digital pa haci e sistema di educacion mas atractivo, inversion den deporte, Compleho Deportivo Guillermo Prospero Trinidad ta den su fase final di renobacion, pa cu e area social a crea un “Family Justice Center”, cu lo ta atende casonan di abuso sexual, y ta invertiendo den e area di Energia pa asina crea un otro pilar economico pa pais Aruba.

Por ultimo, lider di partido, a expresa cu e ta sumamente orguyoso di e logronan di partido MEP, y cu unda cu e bay representa Aruba, semper e paisnan ta elogisa tur loke Aruba a logra den e ultimo añanan. Tambe, e la indica cu, nos no ta, na unda nos mester ta, pero cu nos ta riba e bon caminda, y cu su compromiso, y e compromiso di e partido MEP, ta pa mira e progreso y bienestar den tur hogar aki na Aruba.



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Laga tur loke ta spera mi ta bunita
Laga tur locual cu mi encontra
na caminda ta bunita
Laga tur locual cu mi laga atras keda bunita y
Laga esakinan termina den tur bunita.
Autor: Cado Wever.

Cu dolor na nos curason, nos ta participa
fayecimento di nos ser stima:

Astrid Jolanda Tromp

Cariñosamente yama “Ija”
*07-04-1965 - †10-11-2023

Acto di despedida lo wordo anuncia despues



Aurora
Royal Pray
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Tur cos aki na mundo tin su ora y su tempo,
Ora pa nace y ora pa muri, ora pa yora y ora pa
hari, Ora pa keda keto y ora pa papia, ora pa
stima y ora pa odia, Ora pa guerra y ora pa paz”
Predicador 3:1-2-4-7-8

Cu dolor na nos curason, nos ta participa
fayecimento di nos ser stima:

Sra. Leenchi Sam

*02-11-1957 - †01-11-2023

Acto di despedida lo wordo anuncia despues



Aurora
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Queridonan, laga nos stima otro, pasobra amor
ta bini di Dios. Tur cu ta stima a nase di Dios y
conose Dios. Esun cu no ta stima, no conoce Dios,
pasobra Dios ta amor. - 1Juan 4: 7-8

Cu inmenso tristesa na nos curason, pero
conforme cu boluntad di Dios, nos ta anuncia cu
a bay sosega den brasa di Señor

Adriana Maria Koolman

Mihor conoci como:
“Diana”, “Chama”, “Tanana”
*08-09-1939 - †28-10-2023

Acto di entierro lo wordo anuncia despues.



Aurora
Royal Pray
Funeral Home & Crematory

Lagrima y floran por seca, su recuerdonan y tur
loke el a haci y significa pa nos, lo keda graba pa
semper den nos mente y curason.

“Cerca Dios mi alma ta na paz, ta di DJ'E mi
salbacion ta bin”
Salmo 62:1

Cu dolor na nos curason, nos ta participa
fayecimento di nos ser stima:

**Yolanda Elizabeth
Adelaida Boekhout**

Cariñosamente yama “Yoly”
*12-11-1960 - †09-11-2023

Acto di entierro lo wordo anuncia despues



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BEYOND TOUCH:
**NURTURING LASTING
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ARUBA OPEN BEACH TENNIS CHAMPIONSHIPS IS BACK WITH ENHANCEMENTS



Aruba Open Beach Tennis Championships is Back with Enhancements

Upgraded stadium seating, a new mobile app and more

THE highly anticipated Aruba Open Beach Tennis Championships started yesterday November 12 to 19, 2023, at Bushiri Beach. This esteemed event has held a prominent position in the world of beach tennis since its inception in 2012, drawing players from an impressive 40 countries.

Although the tournament has been a yearly success, the organizers of the major sporting event are not resting on their laurels. Players and spectators this year can expect improved individual stadium seating which is on par with national sporting events worldwide. A new mobile app is being launched for beach tennis players and for spectators where participants can access a number of activities via their mobile phones. This includes schedules, upcoming matches on center court, food court options and so much more. There is other technological advancements such as a newly added LED screen facing LG Smith Boulevard plus other improvements.

The Aruba Open showcases the sport's inclusivity, welcoming participants of all levels, from amateur enthusiasts to seasoned professionals. The tournament spans over eight days and has been reinstated on the ITF calendar as an ITF BT400 event, allowing professional players to earn valuable ranking points. Annually, over 1,200 players, comprising 700 international participants and 500 local players, typically sign up to compete from around the globe.

Aruba Open 2023 is a can't-miss event and an icon in Aruba, setting the benchmark for international beach tennis tournaments. It also sets a precedent for other potential major sporting events that the island is capable of orchestrating.

The Bushiri Beach festival site will offer daily live entertainment, happy hours, food court, shops, exhilarating pro beach tennis matches and so much more. Free entrance for all. Everyone in the community of Aruba is invited.

Aruba Open 2023 is powered by Aruba Tourism Authority, Beach Tennis Aruba, Amstel Bright, CMB (Caribbean Mercantile Bank), Setar, Sexy Brand, Aruba Airport Authority, Royal Aruba Aloe, Elite Productions, Integrated Security Services, and Shark.

Visit www.ArubaBeachTennisOpen.com for more details.





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Amid Policy Changes

Dutch Universities Experience Fluctuations in International Student Enrollment

THE academic landscape of the Netherlands, preliminary figures reveal a nuanced picture of international student enrollment, marking a shift that has implications for both universities and government policy. The data indicates a decrease in the initiation of bachelor's degrees by international students, with 220 fewer enrollments compared to 2022. However, this decline is offset by a marginal increase in international students pursuing master's degrees, resulting in a total of 35,000 international students embarking on academic journeys in the country this year.

The decrease in bachelor's enrollments aligns with a shift in focus by Dutch universities, which are now dedicating less effort to international recruitment. The universities' association UNL highlighted a conscious effort to provide prospective students with more information about the housing shortage, steering away from an exclusive emphasis on attracting international talent.

UNL Deputy President Jouke de Vries acknowledged the cessation of growth in international student intake at universities, cautioning against drastic measures by the government that could compromise the quality of education and research. As the outgoing government plans to address foreign student numbers, one strategy involves increasing the number of degree courses taught in Dutch. However, De Vries emphasized the inherently international nature of science and the societal need for international students to contribute to the Dutch workforce after graduation.

Rather than advocating for blanket



measures like compulsory Dutch classes, universities are seeking tools to exert control over the intake of international students at the degree level. De Vries emphasized the importance of ongoing discussions with the government to address this nuanced aspect of education policy.

In the realm of higher professional education (hbo colleges), there was no significant increase in the number of bachelor's students, but a slight uptick was noted in master's students, resulting in a total of 12,000 new international college students.

The international student debate takes center stage in the ongoing election campaign, with various political parties advocating for limits on international student numbers and increased promotion of Dutch language degrees. Notably, three-quarters of international students originate from Europe, with the largest contingent hailing from Germany.

In the midst of these dynamics, the University of Amsterdam's experiment with quotas on foreign student numbers for certain courses has yielded interesting outcomes.

For instance, the introduction of a ceiling on international student numbers in psychology courses led to an increase in Dutch-speaking first-year students from 29% to 53%. Conversely, in political science, where an overall student number cap was introduced, the proportion of Dutch-speaking first-year students decreased from 34% to 26%. This suggests that limitations on numbers may influence Dutch students to seek alternative higher education institutions to secure a place.

As the intersection of internationalization, language policies, and academic quotas unfolds, Dutch universities and policymakers find themselves navigating a complex landscape where balance and adaptability are key.

Joyful Reunion:

Release of Luís Díaz's Father from Guerilla Kidnapping Celebrated



THE father of Liverpool winger Luís Díaz, Luís Manuel Díaz, has been released after being kidnapped by a guerilla group in October, as announced by the Colombian government. The Colombian Football Federation expressed gratitude to the National

Government, Military Forces, National Police, and all involved institutions for facilitating Díaz Sr.'s release.

In their statement, the Federation emphasized football's significance as a symbol of talent, dedication, teamwork, and intrinsic human values, urging it to keep it within the realms of sports and away from other scenarios. They highlighted football as a source of dreams and joy for individuals across all age groups.

Luís Manuel Díaz and his wife, Cilenis Marulanda, were kidnapped by a guerilla

group at a gas station, with Marulanda being rescued the same day. Luís Díaz returned to play for Liverpool after this incident, scoring a crucial goal against Luton Town. During celebrations, Díaz revealed a shirt reading "Libertad para papa" (Freedom added).

The guerilla group initially claimed responsibility for the kidnapping, but later stated it was a mistake, and their leadership ordered Díaz Sr.'s release. The planned release faced challenges due to military deployments, but the Colombian military adjusted positions to facilitate a safe release.

Timmermans Disapproves of Minority Cabinet as Election Campaigns Intensify

AS the second-to-last weekend before the Dutch parliamentary elections unfolds, numerous party leaders take to the streets to connect with voters. Among the latest developments, GroenLinks-PvdA leader Timmermans has expressed his skepticism toward the idea of a minority cabinet. Timmermans believes that a stable majority in the Tweede Kamer (House of Representatives) is essential for charting a consistent course over multiple years. While still advocating for collaboration with the political center, he emphasizes the need for mutual willingness.

In a similar vein, VVD leader Yesilgöz has also voiced her reservations about a minority cabinet, stating that it does not align with her preferences.

As the political landscape takes center stage, attention is drawn to the question of who will assume the role of Prime Minister. The leader of the largest party often takes on this position, although exceptions exist. The uncertainty surrounding this issue, however, seems to have minimal impact on voters' considerations.

Meanwhile, NSC leader Omtzigt acknowledges potential challenges in forming a coalition with GroenLinks-PvdA, specifically citing differences in migration, stikstof (nitrogen emissions), and existential security. Omtzigt critiques the proposed "large tax increases" by GroenLinks-PvdA, expressing concern about their impact on existing social



provisions. Despite these reservations, Omtzigt refrains from endorsing a specific coalition preference at this stage.

The weekend marks a shift in campaign strategies, with many party leaders taking to the streets to distribute campaign materials—a contrast to the previous election campaign in March 2021, which was significantly impacted by strict COVID-19 measures.

Amid these political maneuvers, the podcast "De Campagne Stemming" reflects on various campaign aspects, including the NSC's first members' meeting and discussions about issues like stikstof of and Timmermans' beard.

With just days remaining before the elections, the campaigns intensify, with each party striving to make its final appeal to voters. The political landscape remains dynamic, with leaders navigating strategic considerations and addressing key issues in the hope of influencing the electorate in the run-up to the crucial vote.

Swedish Startup Unveils World's Largest Tidal Energy 'Kite' Set to Power a Small Town



MINESTO, a Swedish startup, is making waves in renewable energy with its innovative tidal energy technology, represented by a colossal metal 'kite' known as Dragon 12. This underwater marvel, with a wingspan of 12 meters, is poised to be the largest of its kind and is on its way to installation off the Faroe Islands.

Tidal energy, harnessed for centuries, has seen a modern and sophisticated revival, and Minesto's tidal kite is at the forefront of this revolution. The design involves a giant metal 'kite' that maneuvers underwater against the current, activating its rotor to generate electricity. The power generated is then transmitted to the grid via a subsea cable, which also acts as the tether for the kite.

Dragon 12, the latest creation by Minesto, is expected to produce 1.2MW of clean electricity once operational. This output is sufficient to power approximately 1,000 homes, showcasing the substantial potential of this innovative approach. Originally designed by carmaker Saab and later commercialized by Minesto in 2007, Dragon 12 represents a culmination of years of refinement and technological advancement.

The deployment of Dragon 12 off the Faroe Islands signifies a significant milestone, and the project has garnered support from the European Regional Development Fund, securing over €40 million in funding. This substantial backing posi-

tions Minesto's endeavor as the EU's largest investment in marine energy to date.

What sets Minesto's tidal energy technology apart is its small, modular, and scalable nature. Unlike traditional tidal stream technologies that often involve the construction of expensive barges or instream turbines tethered to the seabed, Minesto's design mimics the motion of a kite, moving in a figure-of-eight pattern through the water at a speed several times faster than the actual flow. This unique approach allows the technology to maximize electricity generation efficiently.

While tidal stream technology holds tremendous potential for renewable energy, it has historically faced challenges, including the environmental impact of constructing expensive infrastructure in the ocean. Minesto's approach addresses these concerns, providing a more environmentally friendly and scalable solution.

Looking ahead, Minesto, in collaboration with local energy utility SEV, envisions building 120MW of tidal kite capacity in the Faroe Islands. This ambitious project aims to deploy around 100 individual kites, constituting an array capable of supplying 40% of the archipelago's electricity consumption. Minesto's pioneering tidal energy technology emerges as a beacon of sustainable energy, demonstrating the power of innovation in shaping the future of renewable resources.

Colombia's Ambitious Plan for the San José Galleon Raises Legal and Ethical Debates



AFP

COLOMBIA is embroiled in a complex saga surrounding the San José galleon, a Spanish ship sunk off the coast of Cartagena in 1708, carrying a treasure estimated to be worth over \$20 billion today.

The Colombian government, led by President Gustavo Petro, is seeking to accelerate a plan to recover the ship, initiating a public-private partnership to retrieve its contents. However, this endeavor is met with opposition from archaeologists, historians, and legal disputes among various claimants.

The ship, destroyed by the British in 1708, is considered a significant archaeological heritage. Still, concerns about potential damage during retrieval have led experts to condemn the effort. Colombia's government, aiming to complete part of the vessel's recovery by 2026, plans to open a bidding process in the coming months and is contemplating establishing a museum and laboratory to study and display the ship's contents.

The legal quagmire began in 1981 when a search group, Glocca Morra, claimed to have found the San José. A subsequent legal battle ensued, exacerbated in 2015 when the Colombian government declared it had located the shipwreck at a different site. Sea Search Armada, a group of American investors now owning Glocca Morra, challenges

Colombia's 2020 law change, asserting a right to compensation for finding the ship. The conflict intensifies as each party stakes a claim, seeking billions in treasure.

Archaeologists argue against disturbing the ship, emphasizing potential harm to its preservation and the invaluable historical insights it provides. Ricardo Borrero, a nautical archaeologist, deems any disturbance as "ill-advised" and intrusive, emphasizing the equilibrium the ship has achieved with its environment over 300 years.

While estimates suggest the treasure's value at \$20 billion, skepticism arises about the accuracy of this figure. Historical documents from the San José's sister ship, the San Joaquín, indicate significantly fewer goods on board, raising questions about the validity of the valuation. Borrero advocates leaving the ship intact on the seafloor, highlighting its potential to inform researchers about historical global trade, production, and distribution.

As Colombia navigates legal battles, ethical considerations, and opposition from experts, the fate of the San José remains uncertain. The ambitious plan to recover the galleon brings to the forefront the intricate challenges associated with balancing historical preservation, national interests, and financial claims in the realm of underwater archaeology.

Iceland Declares State of Emergency Amidst Surging Earthquakes and Volcanic Threat



ICELAND'S Reykjanes peninsula faces a critical situation with over 800 earthquakes in 24 hours, prompting a state of emergency. Fears of a volcanic eruption triggered evacuation plans, particularly for the village of Grindavik, housing 4,000 residents near the earthquake epicenter. Two significant earthquakes, reaching a magnitude of 5.2 north of Grindavik, were felt as far as Reykjavik, leading to road closures due to quake damage.

The Icelandic Met Office warns of a potential eruption in the coming days, emphasizing the escalating seismic activity. With over 24,000 tremors since late October, the situation is exacerbated by magma accumulation at a depth of approximately five kilometers. The evacuation plans for Grindavik are crucial, considering the village's proximity to the epicenter.

Emergency measures include the opening of shelters in Grindavik, the deployment of the patrol vessel Thor for security, and the establishment of information centers to aid those on the move. The closure of the Blue Lagoon, a popular tourist destination, and the activation of contingency plans at the Svartsengi geothermal plant demonstrate the seriousness of the situation. The potential impact on the elec-

tricity and water supply for 30,000 residents necessitates careful planning.

Iceland, with 33 active volcanic systems, has witnessed increased seismic activity in recent years. The Reykjanes volcanic system, dormant for eight centuries before 2021, now exhibits heightened activity. The region's history includes three eruptions since 2021, emphasizing the need for vigilance. The memorable Eyjafjallajökull eruption in April 2010 disrupted air travel, canceling numerous flights and stranding millions of travelers.

In the face of this evolving situation, preparedness and vigilance are paramount. Authorities are actively managing the crisis, implementing precautionary measures, and providing assistance to those affected.

The potential for a volcanic eruption adds a layer of complexity, requiring careful coordination to ensure the safety of residents and visitors alike. As the Icelandic community navigates this challenging period, the lessons from past eruptions underscore the importance of staying vigilant and prepared for the unpredictable nature of geological events.

Mavericks Announcer Criticizes James Harden: 'You're the Problem, Not The Beard or the System'



A fiery pregame segment on Bally Sports Southwest, Mavericks announcer Brian Dameris delivered a scathing critique of James Harden ahead of the Mavericks' game against the Clippers. Dameris left no stone unturned, addressing various aspects of Harden's career, former teams, coaches, and dramatic storylines.

Dameris expressed his disappointment, stating, "I get on my knees every night and pray for someone to believe in me like Daryl Morey believed in you," alluding to the pivotal role Morey played in Harden's career.

The criticism intensified when Dameris tackled Harden's tenure with the Sixers, highlighting the trade involving Ben Simmons. "They traded Ben Simmons for you - how did they pull that off? And you know what, you went there and you got a partner who got the MVP," Dameris continued, emphasizing the expectations and subsequent letdown.

The Mavericks announcer didn't shy away from pointing out specific performance issues, notably referencing a crucial Game 7 where Harden scored only nine points against Boston and blew a 3-2 series lead.

Dameris concluded his relentless critique by addressing Harden's current situation with the Clippers. He warned Harden that if the current system doesn't yield success, Harden may resort to blaming others and seeking alternatives, ultimately labeling him as "the problem," not The Beard or the system.

This bold and unapologetic assessment by Dameris adds another layer to the ongoing discussions surrounding James Harden's impact and performance in the NBA.

Aaron Rodgers Unlikely to Return to Jets This Season, Analysts Say

A decisive statement, NFL writer Charles McDonald dismisses the possibility of Aaron Rodgers returning to play for the Jets this season. McDonald asserts that such a return would not align with the Jets' current circumstances or future considerations. McDonald emphasizes the impracticality of Rodgers' speedy return, highlighting his Achilles tendon tear during the season opener against the Bills.

Despite Rodgers' hints at an imminent comeback, McDonald deems it unprecedented and questions the wisdom of creating illusions around his potential return.

The writer contends that Rodgers' situation is distinct from that of Cam Akers, who remarkably recovered from an Achilles tear but struggled with performance afterward. Rodgers, nearing 40, faces greater challenges in recovery and sustaining NFL-level play.

McDonald concludes by questioning Rodgers' motivations, stating that the Jets' offensive supporting cast may not shield a player fresh off an Achilles tear. The article suggests that Rodgers' return talk may be more about career considerations than practicality, and McDonald advises patience until next season to assess Rodgers' true capabilities post-injury.



Jake Paul Continues Boxing Journey With Andre August Bout



A bid to be recognized seriously in the boxing world, Jake Paul has announced his upcoming eight-round cruiserweight bout against Andre August on December 15 in Orlando, Florida. Despite August holding a



10-1-1 record, critics argue that the

choice of opponent doesn't represent a significant step up in competition for Paul.

While August has accumulated a respectable record, scrutiny reveals a less challenging journey, facing opponents making their pro debuts in three out of his first four bouts. In the fourth, he confronted the 1-1 Patrick Simes. This history has led skeptics to question the legitimacy of Paul's claim to a more serious approach to boxing.

The selection of August for the bout raises doubts about the competitiveness of the matchup, as many believe that if August had a genuine chance of victory, he wouldn't have been chosen as Paul's opponent. Despite the debate, Paul's supporters view this as a strategic move in his development, emphasizing that the YouTuber-turned-boxer is gradually building his skills and experience in the ring.

Artisanal Fishing Faces Threat in the Name of Environmental Conservation



A world grappling with the urgent need for environmental preservation, the paradoxical consequences of well-intentioned initiatives come to light as artisanal fishing, a cornerstone of many coastal communities, faces an unprecedented threat. While the mission to safeguard marine ecosystems is undeniably noble, the collateral damage to the livelihoods of those dependent on artisanal fishing raises challenging questions about the true cost of conservation.

The conflict arises as environmental preservation measures intensify, often eclipsing the nuanced dynamics of traditional practices. Artisanal fishing, characterized by small-scale, community-centric operations, has been the lifeblood of coastal societies for generations. Yet, as the clamor for preserving marine biodiversity amplifies, these age-old practices find themselves ensnared in a complex web of regulations and restrictions.

The heart of the matter lies in the tension between the quest to protect vulnerable marine ecosystems and the inadvertent sacrifice of the socioeconomic fabric woven by artisanal fishing. Coastal communities, deeply intertwined with the ebb and flow of the ocean, now grapple with the unintended consequences of policies designed to curb overfishing and safeguard marine habitats.

Critics argue that the sweeping regulations, often driven by international conservation agendas, fail to acknowledge the sustainable practices inherent in artisanal fishing. Unlike industrial fishing behemoths, artisanal fishers operate on

a scale that respects the delicate balance of marine life. The intimate knowledge passed down through generations enables them to navigate the seas with a symbiotic relationship with nature, understanding the rhythms of fish populations and respecting seasonal breeding patterns.

Yet, as the net of conservation tightens, these artisanal fishers find themselves in a paradoxical struggle for survival. The very practices that have sustained communities for centuries are now labeled as threats to the ecosystems they have long coexisted with. The fallout is palpable, as traditional fishing grounds become off-limits, and stringent regulations cripple the economic viability of small-scale operations.

Environmentalists argue that these measures are essential to prevent the irreversible decline of marine biodiversity. They contend that the sacrifice of artisanal fishing is a necessary trade-off for the greater good of preserving fragile ecosystems. However, the challenge lies in striking a balance that recognizes the invaluable role artisanal fishers play in maintaining both cultural heritage and sustainable practices.

As the clash between conservation and tradition unfolds, the narrative is one of complexity and nuance. Bridging the gap between environmental preservation and the preservation of livelihoods requires a delicate dance—one that acknowledges the intrinsic value of artisanal fishing and seeks collaborative solutions that uphold both the health of our oceans and the well-being of coastal communities.

Zaha Hadid (1950–2016)

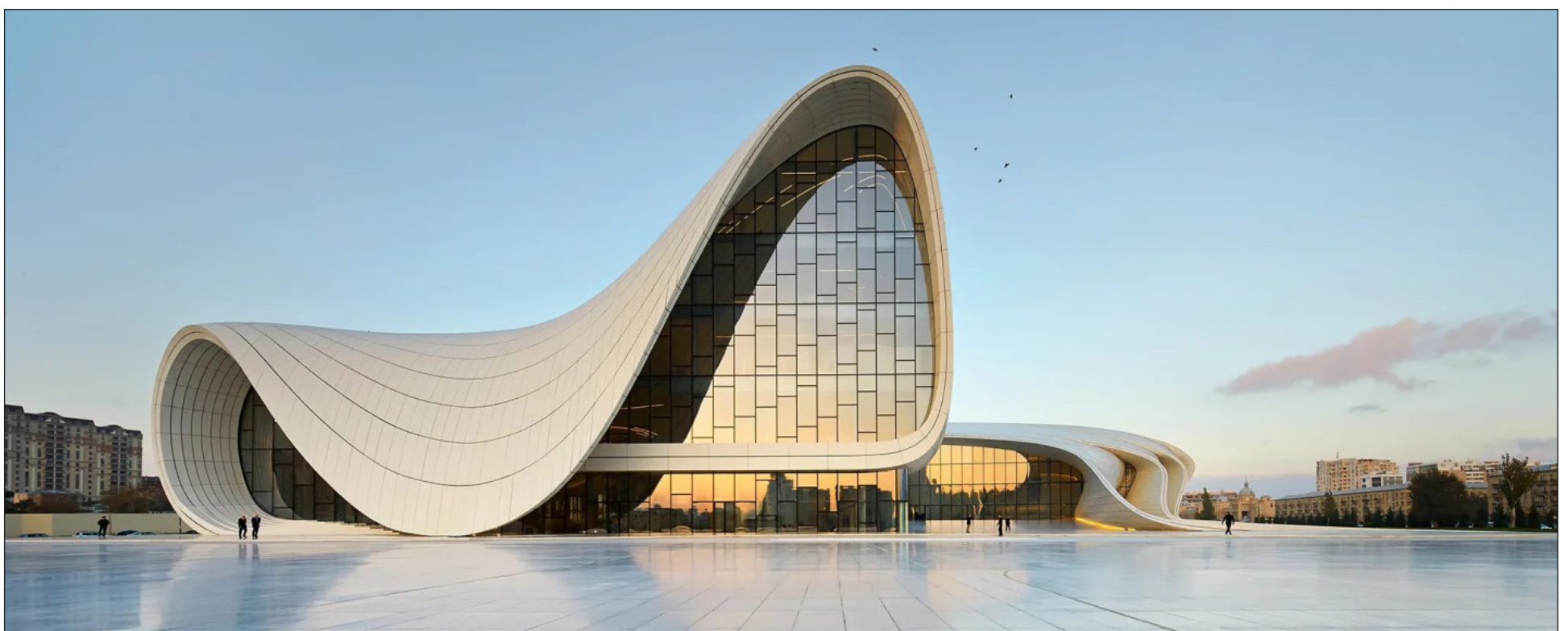
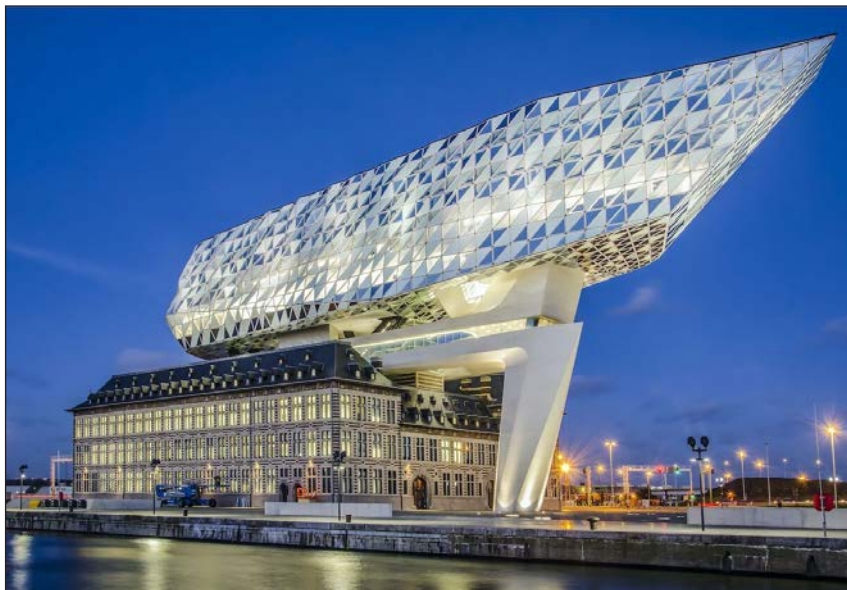


ZAHA Hadid was a renowned Iraqi-British architect and the first woman to receive the Pritzker Architecture Prize. Born in Baghdad in 1950, she later studied mathematics at the American University of Beirut before pursuing architecture at the Architectural Association School of Architecture in London.

Known for her groundbreaking and innovative designs, Zaha Hadid's work often defied traditional geometry, featuring bold curves and dynamic forms. She gained international acclaim for projects such as the Vitra Fire Station in Germany, the MAXXI Museum in Rome, and the Heydar Aliyev Center in Azerbaijan.

Hadid's architectural style was characterized by fluid lines and a sense of movement, influenced by her interest in the intersection of architecture, art, and design. Throughout her career, she received numerous awards for her contributions to the field, including the Stirling Prize and the Royal Gold Medal.

Zaha Hadid's legacy extends beyond her built structures; she inspired future generations of architects and left an indelible mark on the architectural landscape. Her impact continues through the work of Zaha Hadid Architects, the firm she founded, which carries forward her vision of pushing the boundaries of design and engineering.



Exploring the Rich Culinary World of Goat Meat

GOAT meat, often referred to as chevon or mutton when derived from an older animal, has been a staple in various cuisines around the world for centuries. Its distinctive flavor, tenderness, and versatility make it a prized ingredient that adds a unique touch to a wide array of dishes. Let's embark on a culinary journey to discover the diverse ways goat meat is celebrated in kitchens globally.

Flavor Profile and Culinary Versatility

Goat meat has a distinct flavor that can be described as earthy, savory, and slightly sweet. The taste is influenced by factors such as the age of the goat, its diet, and the cooking method. Generally leaner than beef and lamb, goat meat offers a unique texture and tenderness.

Global Delicacies

a. Caribbean Cuisine:

In the Caribbean, goat meat finds its way into classic dishes like curry goat. Slow-cooked with aromatic spices, this dish showcases the meat's ability to absorb flavors, resulting in a rich and fragrant curry.

b. Middle Eastern Delights:

Middle Eastern cuisines often feature goat meat in dishes like Mansaf, a traditional Jordanian feast. In this dish, goat meat is cooked with fermented dried yogurt and served over rice, creating a flavorful and hearty meal.

c. Indian Spices:

In Indian cuisine, goat meat, or mutton, plays a central role in dishes like Rogan Josh and Biryani. The meat's robust flavor pairs exceptionally well with the intricate spice blends that define Indian cooking.

d. Mexican Tradition:

In Mexico, birria, a savory stew made with goat meat, showcases the meat's tenderness and rich taste. Often served with consommé and tortillas, birria has become a beloved dish with variations



found across the country.

Grilled Goodness

Goat meat's natural flavors shine when prepared on the grill. Whether marinated and skewered as kebabs or cooked as chops, grilling adds a smoky element that enhances the meat's profile. Goat meat's relatively low-fat content makes it a healthy alternative for those who enjoy barbecue delights.

Health Benefits

Apart from its culinary appeal, goat meat brings notable health benefits to the table. It is lower in fat and calories compared to beef and lamb while providing essential nutrients like iron, protein, and vitamin B12. As more people seek nutritious and sustainable protein sources, goat meat's popularity continues to rise.

Experimenting in the Kitchen

For home cooks curious about incorporating goat meat into their culinary repertoire, starting with familiar recipes like stews, curries, and grilling can be a delightful introduction. Goat meat's adaptability to various cooking methods encourages experimentation, allowing chefs to create dishes that suit their taste preferences.

The culinary world of goat meat is vast and diverse. From the rich stews of the Caribbean to the aromatic spices of Indian cuisine, goat meat's unique qualities add a distinctive touch to global gastronomy. Whether enjoyed in traditional dishes or innovative creations, goat meat stands as a testament to the rich tapestry of flavors found in cuisines across continents.

Navigating the Changing Landscape

The Rise and Fall of the Social Media Influencer

THE not-so-distant past, social media influencers held an almost mythical status, with their carefully curated posts and vast follower counts shaping trends and influencing consumer behavior. However, as the digital landscape evolves, we witness a shift in the dynamics of influencer culture, marking what some describe as the fall of the social media influencer.

Saturation and Homogenization:

The influencer space has become saturated, with countless individuals vying for attention. This saturation often leads to a homogenization of content, where similar trends, aesthetics, and messaging flood platforms, diluting the uniqueness that once defined influencers.

Authenticity Concerns:

As audiences grow more discerning, concerns about authenticity arise. Followers, fatigued by overly curated and staged content, seek genuine connections. Influencers who prioritize transparency and authenticity in their content can still maintain trust, while those perceived as disingenuous face a decline in support.

Evolving Algorithms and Platforms:

Social media platforms continually adjust algorithms, affecting content visibility. Influencers who relied on specific algorithms may find their reach diminishing, prompting a reassessment of strategies. Emerging platforms also challenge established influencers as newer voices gain prominence.

Influence vs. Impact:

The definition of influence is shifting from follower count to tangible impact. Brands and audiences increasingly prioritize engagement, conversion rates, and measurable outcomes over sheer numbers. Influencers who can



demonstrate real, positive effects on their audience and collaborations are likely to endure.

Backlash and Cancel Culture:

Missteps or controversies in the public eye can lead to swift backlash and cancelation. Social media provides a platform for immediate responses, and influencers must navigate public opinion carefully. Maintaining a positive image is crucial, as reputational damage can have long-lasting effects.

Changing Consumer Values:

Consumers are becoming more socially conscious, seeking influencers aligned with their values. Those who embrace sustainability, diversity, and social responsibility may gain prominence, while influencers perceived as out of touch or promoting materialism may face decline.

Shift to Micro-Influencers:

The era of mega-influencers domi-

nating the scene is waning. Brands increasingly turn to micro-influencers with smaller, more engaged audiences. Micro-influencers often foster more authentic connections and are perceived as relatable figures, marking a shift from celebrity-like influencers.

Adaptation and Diversification:

Influencers who adapt to changing trends, explore diverse content formats, and engage with emerging platforms are better positioned to withstand the challenges. Flexibility and a willingness to evolve are crucial for influencer longevity.

While some predict the fall of the social media influencer, others argue it's a necessary evolution. The landscape may be changing, but influencers who authentically connect with their audience, adapt to new norms, and prioritize meaningful impact can continue to wield influence in this dynamic digital era.

Losing Faith in Current Politics:

A Dwindling Trust in Leadership



AS we navigate the intricate landscape of modern politics, the erosion of faith in political systems and leaders has become a pervasive and concerning trend. Several factors contribute to this decline in trust, creating a complex web that challenges the foundations of democratic governance.

Perceived Lack of Transparency:

Transparency forms the bedrock of a healthy political environment. When citizens perceive a lack of openness, with decisions made behind closed doors, trust in political institutions dwindles. Issues like undisclosed lobbying, hidden agendas, or opaque campaign financing contribute to this perception.

Rising Political Polarization:

Modern politics often grapples with intense polarization, where ideological differences escalate into a deep-seated 'us versus them' mentality. This stark division not only hinders effective governance but also alienates individuals who feel their concerns are dismissed based on their political affiliation.

Impact of Misinformation:

The rise of the information age has brought both benefits and challenges. Misinformation, whether deliberate or unintentional, spreads rapidly through social media and other platforms. When citizens are bombarded with conflicting narratives, it becomes challenging to discern truth from fiction, leading to skepticism about political motives.

Scandals and Corruption:

Scandals and corruption allegations involving political

figures can significantly erode public trust. Instances of misuse of public funds, bribery, or unethical behavior create disillusionment among citizens who expected higher standards from their elected representatives.

Failure to Address Critical Issues:

When political leaders fail to effectively address pressing concerns such as economic inequality, healthcare, or climate change, citizens may lose faith in the system's ability to bring about positive change. Unfulfilled promises and a perceived lack of progress contribute to a sense of disenchantment.

Erosion of Civic Education:

Understanding the complexities of governance is essential for an informed citizenry. However, the erosion of civic education in some places leaves citizens less equipped to critically analyze political events, making them more susceptible to manipulation and contributing to a sense of powerlessness.

Influence of Special Interests:

The sway of special interest groups and lobbyists in shaping political decisions can lead to policies that prioritize certain groups over the broader population. This fosters a belief that the political system serves the interests of the powerful few rather than the needs of the many.

Rebuilding trust in current politics requires a multifaceted approach. Open communication, genuine efforts toward bipartisanship, and a renewed focus on ethical governance are pivotal. As citizens, staying informed, actively participating in the democratic process, and holding leaders accountable are crucial steps toward fostering a political landscape that inspires confidence and trust.

The Triumph of Senior Fitness Unveiled



A world that often overlooks the resilience and vigor of the elderly, a quiet revolution is unfolding—a dramatic tale of triumph through the pursuit of senior fitness. As the years accumulate, embracing an active lifestyle emerges as a beacon of hope for the aging population, promising not just physical well-being but a holistic rejuvenation of mind and spirit.

The stage is set with the stark reality that senior fitness is not merely about the mechanical movements of exercise; it is a profound narrative of vitality, resilience, and a commitment to longevity. As individuals gracefully navigate the golden years, the importance of staying active resonates as a life-affirming anthem. It becomes a journey beyond the treadmill and the weights—a voyage into the heart of holistic well-being.

Amidst the aging process, physical activity becomes a guardian of health, standing as a shield against the adversities of time. The narrative unfolds with the protagonist, regular exercise, offering a cascade of benefits. Improved cardiovascular health becomes the hero, battling against the looming specters of heart disease and diabetes. Enhanced muscle strength and flexibility emerge as trusty sidekicks, ensuring a nimble and robust defense against the challenges of aging.

Yet, the saga of senior fitness transcends the physical realm, delving into the intricate corridors of mental well-being. Here, exercise becomes a sorcerer, weaving spells of endor-

phins—natural mood enhancers that combat the shadows of depression and anxiety. The storyline takes an unexpected turn as social connections, forged through group fitness or outdoor escapades, become powerful allies, dismantling the isolating walls that often enclose the elderly.

The narrative arc gracefully introduces suitable fitness routines tailored for the seasoned protagonists. Low-impact cardiovascular exercises, strength training, flexibility routines, and balance exercises emerge as a formidable ensemble. Adapted yoga and Pilates classes take center stage, choreographing movements that celebrate strength, flexibility, and serenity. Water aerobics becomes a refreshing interlude, a dance of resistance and support that unfolds in the liquid embrace of aquatic realms.

Yet, the climax of this dramatic tale lies not just in the individual exercises but in the ensemble cast of mind-body activities. The meditative practices of yoga and mindful breathing exercises create a harmonious crescendo, resonating with the heartbeat of mental tranquility.

As the curtain falls, the audience is left with a poignant revelation—a testament that senior fitness is not a prescription to slow down but a call to rise, flourish, and savor the richness of life.

The dramatic triumph of senior fitness unfolds not as a finale but as an ongoing saga, echoing the resilience and vitality that accompany those who dare to script their aging narrative.

The Transformative Power of Forgiveness: Lessons from “The Four Agreements” by Don Miguel Ruiz

THE realm of self-help literature, “The Four Agreements” by Don Miguel Ruiz stands out as a beacon of wisdom, offering readers a practical guide to personal freedom and spiritual growth. Though not a traditional narrative, this book is a treasure trove of insights, and at its core lies a profound lesson on the importance of forgiveness.

Ruiz introduces the concept of the Four Agreements, which are ancient Toltec wisdom distilled into simple principles for living a fulfilling life. One of these agreements is particularly resonant in the context of personal freedom: Always Do Your Best. Wrapped within this agreement is the transformative power of forgiveness.

Forgiveness, according to Ruiz, is not just about pardoning others for their wrongdoings; it’s a gift you give yourself. Holding onto resentment and anger is akin to carrying a heavy burden that hinders personal growth. By forgiving others, you release yourself from the chains of negativity, opening up space for personal transformation.

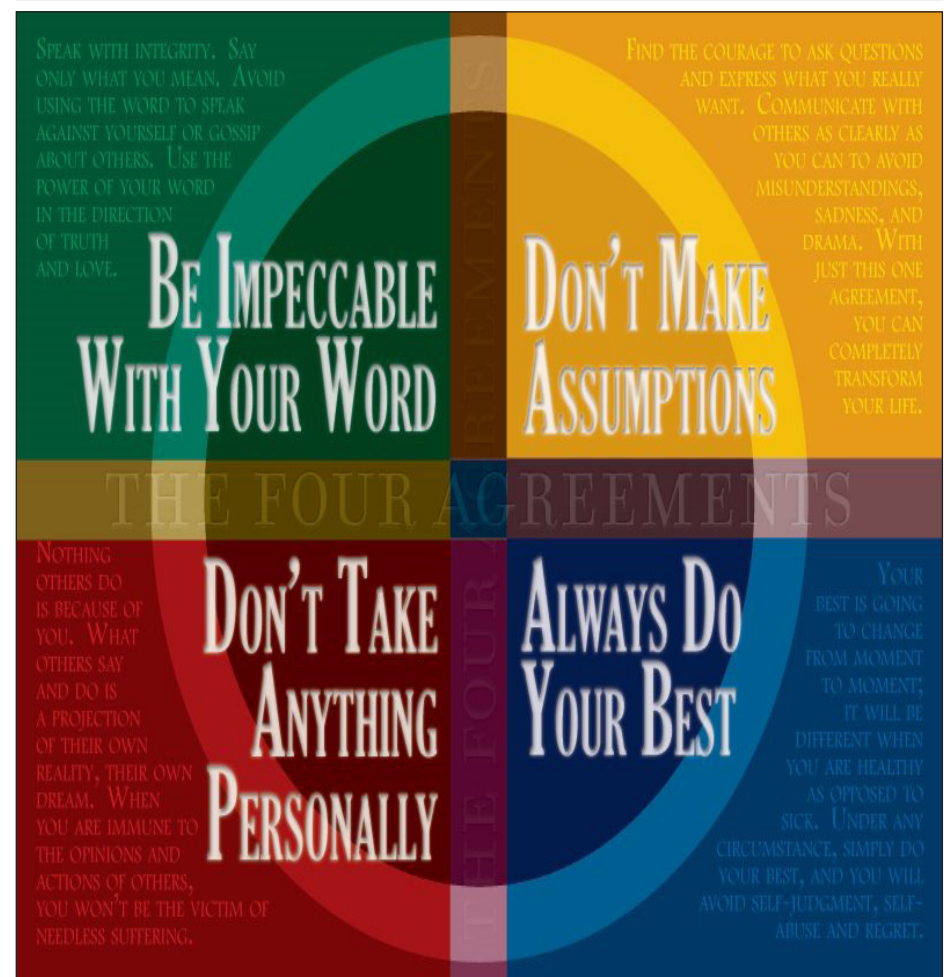
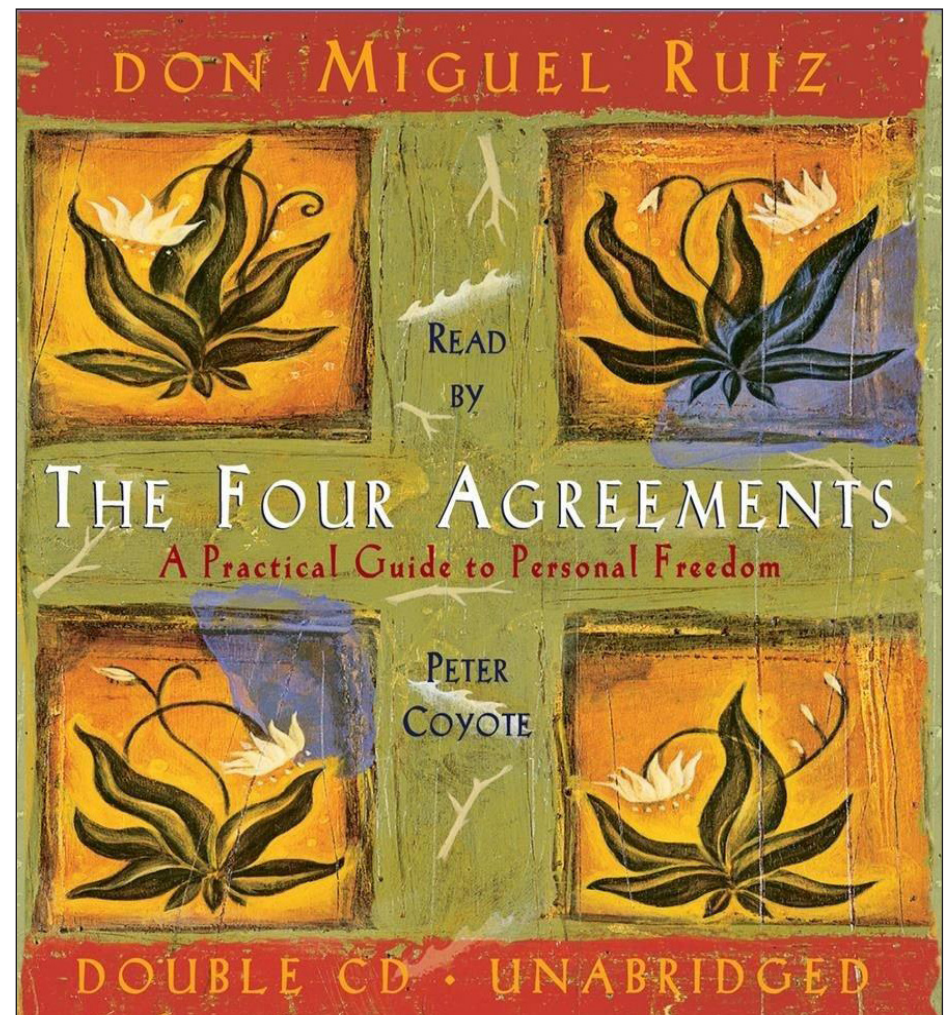
In the book, Ruiz illustrates how forgiveness is intertwined with self-love and self-respect. The act of forgiving is an acknowledgment of your worthiness of peace and happiness. It’s not a validation of someone else’s actions but a conscious choice to prioritize your emotional well-being.

Moreover, “The Four Agreements” delves into the idea that people often act from a place of woundedness, carrying the burdens of their past experiences. Understanding this allows for a shift in perspective, fostering empathy and compassion. Forgiveness, in this context, becomes a profound act of breaking the cycle of pain and choosing a path of healing.

The author emphasizes that forgiveness is not a one-time event but an ongoing practice. It involves letting go of resentments, judgments, and self-criticism. By consistently applying the agreement to Always Do Your Best, individuals cultivate a mindset of forgiveness, creating a positive ripple effect in their lives.

“The Four Agreements” encourages readers to be impeccable with their words, not to make assumptions, and to avoid taking things personally—all of which contribute to creating an environment where forgiveness can flourish. It reinforces the idea that personal freedom is intricately connected to the ability to forgive and let go.

While “The Four Agreements” may not be a traditional narra-



tive, its teachings on forgiveness resonate deeply. Through Ruiz’s guidance, readers embark on a transformative journey, recognizing that forgiveness is a key to personal freedom—a gift they bestow upon themselves. As the book eloquently reminds us, by embracing forgiveness, we unlock the door to a life of authenticity, joy, and profound self-love.

Beyond Touch: Nurturing Lasting Love Through Emotional Intimacy

THE intricate tapestry of human connection, relationships flourish not solely on physical proximity but find their true strength in emotional intimacy. While the physical aspect is undoubtedly significant, it is the depth of emotional connection that transforms a relationship from mere coexistence to a profound, shared journey.

Understanding Emotional Intimacy:

Emotion and intimacy involve opening up to a partner on a profound level and sharing vulnerabilities, dreams, fears, and joys. It transcends the surface layer of daily interactions, creating a space where individuals feel seen, heard, and genuinely understood. Unlike physical closeness, which can be fleeting, emotional intimacy nurtures a lasting bond that weathers the tests of time.

Communication as the Pillar:

At the core of emotional intimacy lies effective communication. It is the art of not just expressing oneself but also actively listening to a partner's thoughts and feelings. This exchange builds a bridge between hearts, fostering an environment where both individuals can express their true selves without fear of judgment. Conversations extend beyond the mundane, delving into the realms of desires, values, and shared aspirations.

Building Trust and Vulnerability:

Trust acts as the cornerstone of emotional intimacy. As individuals gradually unveil their innermost selves, a sense of trust deepens. This trust allows for vulnerability—a beautiful yet courageous act. Sharing vulnerabilities cultivates an atmosphere of acceptance, affirming that imperfections are not only acknowledged but embraced.

Navigating Challenges Together:

Emotional intimacy equips couples to navigate the inevitable challenges life presents. Whether facing external stressors or internal conflicts, the shared emotional bond becomes a source of strength. Knowing that a partner is not just a companion during joyous moments but a steadfast ally during trials strengthens the relationship's resilience.

Fostering Emotional Connection:

Creating and maintaining emotional intimacy requires intentional effort. Quality time spent together, engaging in meaningful conversations, and actively participating in each other's lives are essential. Shared experiences, whether mundane or extraordinary, contribute to the tapestry of emotional connection.



The Role of Empathy:

Empathy, the ability to understand and share the feelings of another, is a linchpin of emotional intimacy. It allows individuals to connect on a profound level, fostering a sense of emotional attunement. Feeling truly understood by a partner nurtures a sense of security and belonging.

While physical intimacy may provide moments of passion and closeness, it is the emotional connection that sustains a relationship through the ebb and flow of life. As couples invest in understanding, supporting, and valuing each other's emotional landscapes, they embark on a journey that transcends the limitations of the physical realm, weaving a tapestry of enduring love and connection.

Embracing Vulnerability: Redefining Strength in Men

A world that often equates strength with stoicism, it's crucial to challenge the misconception that vulnerability equals weakness, especially when it comes to men.

The idea that expressing emotions or seeking support is a sign of frailty has long been ingrained, but acknowledging and embracing vulnerability is, in fact, a testament to resilience and authenticity.

Breaking the Stereotype:

Society has perpetuated the notion that men should be unyielding, both emotionally and mentally. This stereotype not only restricts individual expression but also fosters an environment where men may feel compelled to suppress genuine feelings, leading to potential mental health struggles.

The Power of Vulnerability:

Contrary to the stereotype, vulnerability is a strength that allows for authentic connections and personal growth. Opening up about struggles, fears, and uncertainties takes courage. It requires acknowledging one's humanity and the shared experiences that bind us all.

Mental Health Impact:

Suppressing emotions can take a toll on mental well-being. Men may internalize stress, anxiety, or depression when societal expectations discourage them from seeking help. Embracing vulnerability enables men to address these challenges openly, fostering a healthier mental state.

Authentic Relationships:

Healthy relationships thrive on mutual understanding and empathy. When men allow themselves to be vulnerable, it creates space for authentic connections. Sharing vulnerabilities fosters intimacy, deepening relationships with partners, friends, and family.



Role Models and Cultural Shifts:

Prominent figures openly embracing vulnerability help challenge stereotypes. Influential men, from public figures to community leaders, speaking out about their struggles contribute to a cultural shift. Their stories demonstrate that vulnerability doesn't diminish strength; it amplifies it.

Encouraging Emotional Expression:

Encouraging emotional expression from a young age is vital. Redefining masculinity involves dismantling the idea that boys shouldn't cry or express vulnerability. Teaching emotional intelligence fosters resilience and equips them to navigate life's challenges more effectively.

Empowering Men to Seek Help:

Acknowledging vulnerability includes recognizing when professional help is needed. Mental health should be prioritized, and seeking therapy or counseling is a sign of strength, not

weakness. Normalizing these actions reduces stigma and encourages men to prioritize their well-being.

Shaping a New Narrative:

Shaping a new narrative around vulnerability requires collective effort. Media, education, and cultural norms all play a role in challenging stereotypes. By showcasing diverse expressions of strength and resilience, society can redefine masculinity and create a more inclusive understanding of what it means to be a man.

Men and vulnerability coexist as powerful elements of the human experience. It's time to redefine strength, recognizing that allowing oneself to be vulnerable is an act of courage and authenticity.

By dismantling harmful stereotypes and fostering a culture that celebrates emotional expression in men, we pave the way for a healthier, more resilient society.

Regret:

A Journey Toward Growth and Resilience

REGRET, an unwelcome companion on the journey of life, often surfaces when we reflect on choices that diverged from our expectations or ideals. It's a complex emotion, a poignant reminder of paths not taken, words left unsaid, or actions we wish we could rewind.

While regret may cast a shadow on our past, understanding and harnessing its transformative potential can pave the way for personal growth and resilience.

The Weight of Regret:

Regret can manifest in various forms, from minor missteps to profound life-altering decisions. It is an emotional burden that, if left unaddressed, may contribute to feelings of sadness, guilt, or a sense of missed opportunities.

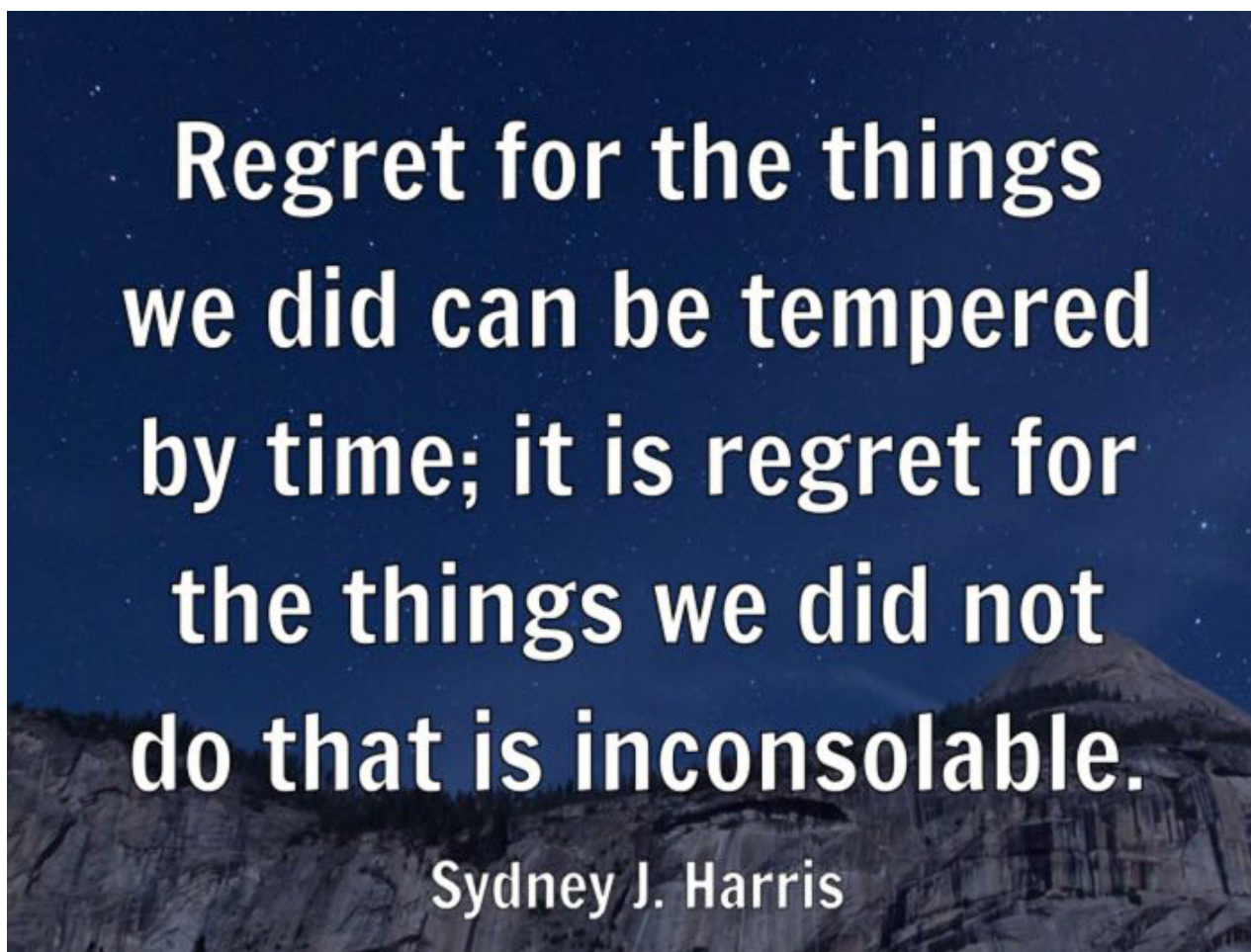
The weight of regret can be paralyzing, hindering our ability to fully embrace the present and envision a positive future.

Embracing Reflection:

Rather than viewing regret as a mere source of negativity, it can be a catalyst for introspection. Reflecting on the root causes of regret provides valuable insights into our values, priorities, and aspirations. It's an opportunity to assess whether our choices align with our authentic selves and, if not, to consider adjustments for the path ahead.

Learning and Adaptation:

Regret is a powerful teacher, offering lessons that contribute to our personal development. Analyzing the circumstances that led to regret enables us to learn from our experiences. This process of learning and adaptation fosters resilience, equipping us with the tools to navigate future challenges more effectively.



Forgiveness, Including Self-Forgiveness:

Navigating regret involves an essential element – forgiveness. Whether forgiving others for perceived wrongs or extending compassion to ourselves for choices made, forgiveness is a key to unburdening the soul. It doesn't erase the past but allows us to release the grip of regret and move forward with a lighter heart.

The Art of Letting Go:

Letting go of regret involves acknowledging that imperfection is inherent in the human experience. Accepting that we are fallible beings, prone to misjudgments and mistakes, frees us from the unrealistic burden of a regret-free existence. It's a step toward self-compassion and a more forgiving perspective on the journey of life.

Transforming Regret into Motivation:

Rather than succumbing to the despair associated with regret, use it as fuel for positive change. Channel the energy

from regret into motivation to pursue goals, repair relationships, or embark on new adventures. Transforming regret into a driving force empowers us to shape a future that aligns more closely with our aspirations.

Cultivating Resilience:

Resilience is the art of bouncing back from adversity and navigating regret is an integral part of this process.

Acknowledge the pain, extract the lessons, and forge ahead with newfound wisdom. Resilience lies not in avoiding regret but in embracing it as a stepping stone toward a more robust and enriched life.

In the tapestry of our existence, regret is but one thread. By weaving it into the fabric of self-discovery, growth, and resilience, we transform what could be a source of sorrow into a testament to our capacity to evolve and thrive despite the twists and turns of our unique journeys.



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